

What You Need to Know About Mpox

What is mpox?



Mpox (formerly called monkeypox) is a rare, but potentially serious viral illness that can be transmitted from person to person through direct contact with bodily fluids or mpox lesions/rash.

How do I get mpox?



Mpox spreads between people primarily through direct contact with infectious sores, scabs, or bodily fluids. Mpox can spread during intimate contact between people, including sex, kissing, hugging, or talking closely; and touching fabrics and objects during sex that was used by a person with mpox, such as bedding and towels. It can also be spread through respiratory droplets or oral fluids from a person with mpox.

What are the symptoms of mpox?



Fever



Swollen Lymph Nodes



Headache



Chills



Muscle aches



Exhaustion



Backache



Skin Lesions (rash)

Symptoms usually appear 7–14 days after exposure, with range of 5–21 days.

How can I prevent mpox?

- ▶ Avoid coming into contact with people recently diagnosed with the virus or those who may have been infected.
- ▶ Wear a face mask if you are in close contact with someone who has symptoms.
- ▶ Wash your hands with soap and water or use hand sanitizer, especially after coming into contact with those who are infected — or suspected infected.

What happens if I think I have mpox?

You should see your healthcare provider or local wellness clinic for a health assessment.

For more information about mpox, visit:
[PreventMpox.dc.gov](https://www.PreventMpox.dc.gov)

Cleaning & Disinfecting for Mpox for homes and hospitality industry

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Proper cleaning of all exposed items is essential following a case of mpox (formerly called monkeypox). Poxviruses can survive in linens, clothing and on surfaces. In one study, investigators found live virus 15 days after a patient's home was left unoccupied. Porous materials (bedding, clothing, etc.) may

harbor live virus for longer periods of time than non-porous (plastic, glass, metal) surfaces. People who have recovered from mpox and whose isolation period has ended should disinfect all spaces within the home they had been in contact with. Follow the steps below to minimize risk of infection to others in your home after recovery.

Steps for Cleaning After an Infection



If cleaning and disinfection is done by someone other than the person with mpox, that person should wear, at a minimum, disposable medical gloves and a respirator or wellfitting mask. Clothing that fully covers the skin should be worn, and immediately laundered. Wash hands with soap and water or use alcohol-based hand sanitizer.



Use an EPA-recommended disinfectant. Focus on disinfecting items and surfaces that were in direct contact with the skin. Do not dry dust or sweep as this may spread infectious particles.



Wash sheets, blankets, clothes, and towels.



Hospitality Industry / B&B / Vacation Rental cleaning staff:

Prevention is the best approach. While mpox is circulating, make sure you always wear gloves to change linens and bedding.

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